

## First Experiences

**R.A.N.T.**  
REVOLT AGAINST NEGATIVE TALK™



DISCLAIMER: This program is designed for **girls ages 7-years-old and up**, however, some of the content may not be suitable for all girls in this age group. Please review these activities before you present it to your troop.

REVISED 12/2011

**Girl Scouts San Diego**  
FIRST EXPERIENCES  
**R.A.N.T.**  
**REVOLT AGAINST NEGATIVE TALK™**

## **Introduction**

Girls bring their outside ‘queen bee’ roles into the Girl Scout organization just as they do in other settings, forming cliques and teasing or excluding other girls. Girls using words and behaviors to hurt other girls is known as relational aggression, a type of bullying that has historically been a fact of life.

Over the past decade we’ve learned about the enormous impact bullying has, not only on victims, but bullies and bystanders, as well.

### **Consider the following statistics:**

- An estimated 160,000 students miss school every day due to fear of attack or intimidation by other students (National Education Association)
- Bullying creates a climate of fear and disrespect in schools and has a negative impact on student learning. (National Education Association)
- Recent survey data show that American children eight to 15 years of age rate bullying as a greater problem than racism or pressure to have sex or drug and alcohol use. (Kaiser Family Foundation, Children Now)
- More than 40 percent of girls aren’t raising their hands in class because they’re afraid of being labeled smart – and being bullied for that. (Girl Scouts of the USA)

The Girl Scout “First Experiences R.A.N.T.” program serves as an introduction to the problem of bullying. Girls will learn about the roles of bullies, victims, and bystanders, as well as also examine various forms of bullying including: verbal, physical, emotional, gossip and cyberbullying. Through engaging exercises, games, and role plays, girls will be inspired and empowered to “revolt against negative talk” and instead, build positive relationships.

Activities that build confidence and teach life skills and leadership – the core of Girl Scouting – will never lack relevance.

## **Additional Tips**

- Many of the activities in “First Experiences R.A.N.T.” involve simple play-acting and drawing activities. These activities are intended to introduce an understanding of bullying behaviors and facilitate a discussion of possible solutions. Keep in mind that girls will be more likely to participate if they know they will not be judged by their performances, answers, or drawings. In order to hold an honest dialogue and to promote self-reflection on the issues at hand, girls will need to feel that they can safely share their opinions and ideas. Of course, you will always want to guide them towards positive behaviors, so be sure to do so in a nuanced and gentle way.
- Before running any of the activities, let girls know that they can say whatever they want, as long as it isn’t disrespectful. Ask girls to come up with a list of ground rules to follow, such as not interrupting each other, tolerating different opinions, and avoiding personal attacks. (See Session One)

## **Surveys**

Please send completed pre- and post surveys to:

Girl Scouts San Diego

R.A.N.T.

1231 Upas Street

San Diego, CA 92103

## **Resources**

It may be helpful for you to get some background information. The following websites offer information and insight on various bullying topics covered in R.A.N.T.

### **The Ophelia Project**

[www.opheliaproject.org](http://www.opheliaproject.org)

### **Children Who Bully**

[www.stopbullying.gov](http://www.stopbullying.gov)

### **Bullying in Schools**

[www.bullyonline.org/schoolbully](http://www.bullyonline.org/schoolbully)

### **National Crime Prevention Council**

[www.ncpc.org/topics](http://www.ncpc.org/topics)

### **Rumors and Gossip: Social Weapons and Psychological Warfare**

[www.teenadvice.about.com/library/weekly/aa101600b.htm](http://www.teenadvice.about.com/library/weekly/aa101600b.htm)

### **Relational Aggression: Helping the Young Victims of Emotional Bullying**

[www.childrentoday.com/resources/articles/emotionalbullying.htm](http://www.childrentoday.com/resources/articles/emotionalbullying.htm)

### **National Bullying Prevention Center**

[www.pacer.org/bullying/resources](http://www.pacer.org/bullying/resources)

**Girl Scouts San Diego**

FIRST EXPERIENCES

**R.A.N.T.**

**REVOLT AGAINST NEGATIVE TALK™**

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## SESSION ONE

# Emotions and Feelings

**Objective:** Help girls to gain an awareness of different emotions and feelings and to introduce them to the concept of empathy. Establish group rules for a safe place to talk about their experiences.

### **Preparation:**

- ✓ Make a poster of the R.A.N.T. Group Rules. (Leave space at bottom for more rules and autographs)
- ✓ Make copies of the Pre-Survey for each girl.
- ✓ Make copies of “Emotion Charades” cards; cut them out; place them in a bag or box.
- ✓ Make copies of “Listen” cards; cut them out; place them in a bag or box.
- ✓ Make copies of the “Declarations of Me” cards; cut them out; place them in a bag or box.

### **Materials Needed:**

- ✓ Flip chart or poster board and markers

**SAY:** Welcome to the Girl Scout’s R.A.N.T. program! I’m so glad you’re here!

Let’s do something fun!

Does anyone/everyone know how to play charades? We’re going to play a different kind of charades today--it’s called emotion charades. Who can tell me what an emotion is?

*Any strong feeling’ A mental stat that arises “spontaneously” rather than through conscious effort and is often accompanied by physiological changes (shows in your body, like through a facial expression or your posture.*

*Have each girl pick a card and act out the emotion on the card. If you have a large group, you may want to have two or three girls act out each card together so that everyone has a chance to play.*

**SAY:** That was great! Everyone expressed a lot of emotion! Is it important to express your emotions? Did you think that some girls were able to express emotion better than others? hhhmmmm. . . what do you think about that? If you are not able to express your emotions would that cause a problem? Have you ever gotten frustrated that your friend or your mother or someone else didn’t understand what you were feeling.

Just like getting better at a sport, or learning how to play the piano, or anything else, it TAKES PRACTICE to learn how to express yourself. It takes practice to get good at anything. In R.A.N.T we’re going to try to get good at dealing with bullying by practicing what to do.

**SAY:** How many of you have rules to follow at home? Do you have rules at school? Anywhere else? We all have rules to follow in every aspect of our lives. And this group will be no different. Except YOU —all of us— will be in charge of the rules.

## SESSION ONE continued

**DO:** Show the poster with the Group Rules and read them aloud. Ask for additions or changes.

**SAY:** Does anyone have any questions or concerns? *(pause, give them time to think about it)*  
Now I'd like to ask each one of you to come up and sign/autograph our Group Rules.  
*Have each girl sign the poster before you proceed.*

**SAY:** Now that we have our rules and you have all approved them and signed your names to them, I just want to remind you again, that "what is said in this group, stays in this group."

**DO:** Write the word **EMPATHY** very large on the flip chart.

**SAY:** Does anyone know what empathy is? *(pause, give them time to think about it).*  
*Empathy is understanding what another person is thinking and feeling' and caring about that person's experience.*

**SAY:** I have a basket of questions. They are questions about our personal experiences and they will help us get to know one another better and also help us to practice empathy skills; because one girl is going to answer the question and the rest of us are just going to listen. You can't react or make a comment. You just have to listen to her answer. There are no right or wrong answers, only YOUR answers. ok? Who would like to draw the first card?

**If your group has 20 or more, divide into 2 groups.**

*(Read the card outloud and ask the girl to answer. Remind her that she always has the right to pass.) By sharing information, we become more intimate with other people and our interpersonal relationship is strengthened. This helps girls experience empathy.*

*Continue with this exercise until every girl has had the opportunity to participate at least once. Please do not allow the group to discuss or react to the girls' answers during this process; just "listen."*

**DO:** If you divided into groups, come back all together now.

**SAY:** Thank you for sharing your answers to those questions. Was it hard to just listen and keep quiet and not share your experiences? Did anyone feel any emotions during this activity? Did you agree or disagree with some of the answers everyone gave? Why do you think I asked you to listen and not discuss each questions? Because it's important to learn how to be a good listener, which will help you be a better friend. And by sharing information and getting to know each other, we can learn to experience **empathy**.

**SAY:** This is the "Declarations of Me" container. Each card has a positive affirmation on it. "A positive affirmation is a statement that is declared to be true." At the end of every R.A.N.T. session, you can draw a new card. I'd like to suggest you tape it to your bedroom mirror or keep it in your backpack, or put it somewhere so you can see it and repeat it to yourself over and over everyday all week. These cards should remind you of how special and important you are.



End the session with each girl picking her "Declaration of Me" card to take home.



**SESSION ONE**

# Groups Rule

- **Listen carefully and treat each girl with respect.**
- **What is said in the room – STAYS IN THE ROOM.**
- **Allow everybody to speak without interruption.**
- **Speak for yourself – not your “friends.”**
- **If you are hurt or offended by what someone says, tell them, but tell them why it bothers you.**
- **Don’t use specific names of people who are not present.**

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**R.A.N.T.**

Emotion Charades

**FEAR**

**R.A.N.T.**

Emotion Charades

**DEPRESSED**

**R.A.N.T.**

Emotion Charades

**HAPPY**

**R.A.N.T.**

Emotion Charades

**SAD**

**R.A.N.T.**

Emotion Charades

**ANGRY**

**R.A.N.T.**

Emotion Charades

**JOY**

**R.A.N.T.**

Emotion Charades

**CONFUSED**

**R.A.N.T.**

Emotion Charades

**TIRED**

**R.A.N.T.**

Emotion Charades

**JEALOUS**

**R.A.N.T.**

Emotion Charades

**SLEEPY**

**R.A.N.T.**

Emotion Charades

**STRESSED**

**R.A.N.T.**

Emotion Charades

**HUNGRY**

**R.A.N.T.**  
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**R.A.N.T.**

Emotion Charades

**SICK**

**R.A.N.T.**

Emotion Charades

**CALM**

**R.A.N.T.**

Emotion Charades

**LONELY**

**R.A.N.T.**

Emotion Charades

**SILLY**

**R.A.N.T.**

Emotion Charades

**EMBARRASSED**

**R.A.N.T.**

Emotion Charades

**HURT**

**R.A.N.T.**

Emotion Charades

**ASHAMED**

**R.A.N.T.**

Emotion Charades

**THREATENED**

**R.A.N.T.**

Emotion Charades

**SORRY**

**R.A.N.T.**

Emotion Charades

**LOVE**

**R.A.N.T.**

Emotion Charades

**THANKFUL**

**R.A.N.T.**

Emotion Charades

**R.A.N.T.**  
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**R.A.N.T.**

Empathy / Listening

***What is the best reality TV show?***

**R.A.N.T.**

Declaration of Me

***Is there something you like to do, but don't because you are afraid that someone will think it is not "cool?"***

**R.A.N.T.**

Declaration of Me

***Do you dress in clothes you like or in clothes your friends like?***

**R.A.N.T.**

Declaration of Me

***How would your best friend describe your personality?***

**R.A.N.T.**

Declaration of Me

***If you had one wish, anything, what would it be?***

**R.A.N.T.**

Declaration of Me

***What is the best thing about you?***

**R.A.N.T.**

Declaration of Me

***What is the meanest thing you have ever done to a friend?***

**R.A.N.T.**

Declaration of Me

***Have you ever made anyone cry?***

**R.A.N.T.**

Declaration of Me

***What is your favorite thing about yourself?***

**R.A.N.T.**

Declaration of Me

***What is the coolest person at your school? Why are they so cool?***

**R.A.N.T.**

Declaration of Me

***Do boys have it easier than girls?***

**R.A.N.T.**

Declaration of Me

***Have you ever spread a rumor?***

**R.A.N.T.**  
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**R.A.N.T.**

Empathy / Listening

***What is the best thing about being a girl?***

**R.A.N.T.**

Empathy / Listening

***Do girls bully more than boys?***

**R.A.N.T.**

Empathy / Listening

***What is the worst thing about being a girl?***

**R.A.N.T.**

Empathy / Listening

***What is the number one thing that girls fight about?***

**R.A.N.T.**

Empathy / Listening

***What is peer pressure?***

**R.A.N.T.**

Empathy / Listening

***How do you feel when you hear gossip about someone?***

**R.A.N.T.**

Empathy / Listening

***What is gossip?***

**R.A.N.T.**

Empathy / Listening

***Have you ever made anyone cry?***

**R.A.N.T.**

Empathy / Listening

***Is all gossip bad?***

**R.A.N.T.**

Empathy / Listening

***Do boys bully more than girls?***

**R.A.N.T.**

Empathy / Listening

***What is the best thing about your friends?***

**R.A.N.T.**

Empathy / Listening

***Has anyone told you that you can't be friends?***

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**R.A.N.T.**

Empathy / Listening

***Has anyone ever kicked you or pushed you?***

**R.A.N.T.**

Empathy / Listening

**R.A.N.T.**

Empathy / Listening

***Has anyone ever called you a name?***

**R.A.N.T.**

Empathy / Listening

**R.A.N.T.**

Declaration of Me

***Is all gossip bad?***

**R.A.N.T.**

Empathy / Listening

**R.A.N.T.**

Empathy / Listening

***Have you ever seen someone being bullied?***

**R.A.N.T.**

Empathy / Listening

**R.A.N.T.**

Declaration of Me

***Is all gossip bad?***

**R.A.N.T.**

Empathy / Listening

**R.A.N.T.**

Empathy / Listening

**R.A.N.T.**

Empathy / Listening

**R.A.N.T.**  
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**R.A.N.T.**

Declaration of Me

***I am kind to people  
I don't know!***

**R.A.N.T.**

Declaration of Me

***I am nice to myself!***

**R.A.N.T.**

Declaration of Me

***I don't judge anyone!***

**R.A.N.T.**

Declaration of Me

***I am fun to  
hang out with!***

**R.A.N.T.**

Declaration of Me

***I don't care what other  
people think of me!***

**R.A.N.T.**

Declaration of Me

***I don't let my friends  
dictate what I do!***

**R.A.N.T.**

Declaration of Me

***I have a great  
sense of humor!***

**R.A.N.T.**

Declaration of Me

***I allow myself to  
make mistakes!***

**R.A.N.T.**

Declaration of Me

***I learn from my  
mistakes!***

**R.A.N.T.**

Declaration of Me

***I am compassionate!***

**R.A.N.T.**

Declaration of Me

***I allow my friends to  
make mistakes!***

**R.A.N.T.**

Declaration of Me

***I am beautiful!***

**R.A.N.T.**  
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**R.A.N.T.**

Declaration of Me

***I am a generous  
person!***

**R.A.N.T.**

Declaration of Me

***I am a kind person!***

**R.A.N.T.**

Declaration of Me

***I am special!***

**R.A.N.T.**

Declaration of Me

***I have a fabulous smile  
and spread sunshine  
everywhere I go!***

**R.A.N.T.**

Declaration of Me

***I have a fabulous  
sense of humor!***

**R.A.N.T.**

Declaration of Me

***I love my friends  
and family!***

**R.A.N.T.**

Declaration of Me

***I share my stuff with  
my friends!***

**R.A.N.T.**

Declaration of Me

***I am there for my  
friends when they  
need me!***

**R.A.N.T.**

Declaration of Me

***I am cheerful!***

**R.A.N.T.**

Declaration of Me

***I don't spread rumors  
about anyone!***

**R.A.N.T.**

Declaration of Me

***I have a great  
personality!***

**R.A.N.T.**

Declaration of Me

***People can trust me  
all the time!***

**R.A.N.T.**  
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**R.A.N.T.**

Declaration of Me

***I know how to ask  
for help if I need it!***

**R.A.N.T.**

Declaration of Me

***I am a bold,  
courageous girl!***

**R.A.N.T.**

Declaration of Me

***I totally believe  
in myself!***

**R.A.N.T.**

Declaration of Me

***I know that I am  
a miracle!***

**R.A.N.T.**

Declaration of Me

***I can make my  
dreams come true!***

**R.A.N.T.**

Declaration of Me

***I am strong willed!  
I am unique!***

**R.A.N.T.**

Declaration of Me

***I listen to my body!***

**R.A.N.T.**

Declaration of Me

***I am a super  
important person!***

**R.A.N.T.**

Declaration of Me

***I love myself!***

**R.A.N.T.**

Declaration of Me

***I live my life to the  
fullest everyday!***

**R.A.N.T.**

Declaration of Me

***I am an honest person!***

**R.A.N.T.**

Declaration of Me

***I accept people for  
who they are, not what  
they look like!***

**R.A.N.T.**  
REVOLT AGAINST NEGATIVE TALK™

**R.A.N.T.**

Declaration of Me

***I can dream about  
whatever I want!***

**R.A.N.T.**

Declaration of Me

***I can do anything,  
I put my mind to!***

**R.A.N.T.**

Declaration of Me

***I am smart!***

**R.A.N.T.**

Declaration of Me

***I believe in myself!***

**R.A.N.T.**

Declaration of Me

***I will choose to be  
happy today!***

**R.A.N.T.**

Declaration of Me

***I use my strengths  
to be the best person  
I can be!***

**R.A.N.T.**

Declaration of Me

***I can do anything I  
set my mind to!***

**R.A.N.T.**

Declaration of Me

***I have everything  
that I need!***

**R.A.N.T.**

Declaration of Me

***I trust myself!***

**R.A.N.T.**

Declaration of Me

***I always have a choice!***

**R.A.N.T.**

Declaration of Me

***I love myself!***

**R.A.N.T.**

Declaration of Me

***I refuse to give into  
peer pressure!***

**R.A.N.T.**  
REVOLT AGAINST NEGATIVE TALK™

## SESSION TWO

# Friendship

**Objective:** Help girls understand the importance of friendship, how to make friends, how to keep friends, and how to be a better friend.

**Preparation:**

- ✓ Copy the “Good Friend Bad Friend” words and cut each word or phrase out.
- ✓ Make copies of the “Tree Friend Survey”
- ✓ Make copies of Declarations of Me cards; cut them out; place in a bag or box.

**Materials Needed:**

- ✓ Flip chart or poster board and marker
- ✓ Scotch tape
- ✓ Scissors, pens, and construction paper for each girl

**ACTIVITY:**

**IceBreaker: Exercise Your Funny Bone**

**SAY:** Hello! Who likes to laugh? Do you think I can make you laugh? Well, I’m not sure I can, but I met a laughter yogi who says I can, so I’d like to experiment on you. Would everyone please stand straight up. Now bend all the way down to the floor, and pretend to cry loudly the whole way down. Now slowly come back up.

*The combination of pretending to cry and bending over should trigger spontaneous laughter.*

**SAY:** It feels good to laugh, doesn’t it. You know what else feels good? Having friends and being a friend. Everybody needs friends. You can feel very sad and lonely if you don’t have someone to play with and be with — but this happens to EVERYBODY sometime. Not everyone is naturally good at friendship. Being a good friend, making friends, and keeping friends takes practice.

Just like striving to get good at a sport or learning math, it takes practice. If you think about it, it takes “practice” to get good at everything.

**DO:** Reveal 2 large squares on the flip chart. Above one box, write “Good Friends” and above the other box write “Bad Friends.” Present a box filled with the “Good Friend Bad Friend” cards.

**SAY:** I have a box full of words and phrases and I need you to help me figure out which square I should put them in. Let’s start with you (point to a girl). Will you come up and pick a card? I will read it and then we’ll figure out which box to put it in.

**DO:** Place each card in one of the boxes marked Good Friends or Bad Friends.

## SESSION TWO continued

**SAY:** When you meet someone, you don't always know whether that person is going to become your good friend or not; so you might need to be a bit careful at first. Friendships are like planting seeds. Have any of you ever planted flowers from a seed? You're never quite sure which seed actually is going to come up, what it will look like, or which one will end up being the best one; but you know you still have to nurture it and look after it, be nice to it, and give it what it needs to grow, right?

So, I like to think about making a new friend in the same way as I think about planting a seed and watching it grow! Isn't that great!

**SAY:** Now, let's find out if YOU are a good friend and what you look for in a friend.

**DO:** **Handout the True Friend Survey to each girl. Younger girls may need help with this activity.**

**SAY:** Ok, so now you've got some ideas of what a good friend is, and also what YOU look for in a friend. But how do you "make" a friend?

The best way to make a friend, is to BE a friend. (Write this on the flip chart)  
Making a friend requires time and effort...and sometimes we find friends where we least expect them!

Where have you made new friends?

*Ideas: school, Girl Scouts, on vacation, new neighborhood, church, sports team, club*

Can you tell what a person is like by looking at them?

Would you be willing to talk and be nice to someone who hasn't been nice to you?

**DO:** **After this brief discussion about making friends, start the activity Friendship Chain. Have each girl select a piece of colored paper and a marker. Ask them to place their hand on the paper and draw around it (trace it). YOU DO IT TOO! Then have them cut it out.**

**Next, ask them to write their name on their hand and also the one thing they like most about themselves or something they are good at or like to do — like "fun" or "nice" or "Likes to play basketball" or "good at math."**

**After everyone's done, help them tape all the hands together and then hang it in the front of the room.**

**SAY:** I hope your life is always filled with lots of great friends. Thank you for being here today!



End the session with each girl picking her "Declaration of Me" card to take home.



## True Friend Survey

1 = Absolute most important quality

15 = Doesn't matter to me

\_\_\_\_\_ How smart they are

\_\_\_\_\_ What kind of home they live in

\_\_\_\_\_ The brand of clothes they wear

\_\_\_\_\_ How honest they are

\_\_\_\_\_ What their hair looks like

\_\_\_\_\_ How much they listen to you when you have a problem

\_\_\_\_\_ If they like the same movies/TV shows as you

\_\_\_\_\_ What kind of car their parents drive

\_\_\_\_\_ How much fun you have with them

\_\_\_\_\_ How popular they are

\_\_\_\_\_ What religion they are

\_\_\_\_\_ How much you can trust them

\_\_\_\_\_ How much they gossip about other people

\_\_\_\_\_ What size they are

\_\_\_\_\_ How dependable they are



**R.A.N.T.**

Good Friend / Bad Friend

**are bossy**

**R.A.N.T.**

Good Friend / Bad Friend

**care**

**R.A.N.T.**

Good Friend / Bad Friend

**are honest**

**R.A.N.T.**

Good Friend / Bad Friend

**play**

**R.A.N.T.**

Good Friend / Bad Friend

**tell secrets**

**R.A.N.T.**

Good Friend / Bad Friend

**have feelings**

**R.A.N.T.**

Good Friend / Bad Friend

**fight**

**R.A.N.T.**

Good Friend / Bad Friend

**say please**

**R.A.N.T.**

Good Friend / Bad Friend

**share**

**R.A.N.T.**

Good Friend / Bad Friend

**help each other**

**R.A.N.T.**

Good Friend / Bad Friend

**listen**

**R.A.N.T.**

Good Friend / Bad Friend

**are truthful**

**R.A.N.T.**  
REVOLT AGAINST NEGATIVE TALK™

**R.A.N.T.**

Good Friend / Bad Friend

**are bossy**

**R.A.N.T.**

Good Friend / Bad Friend

**care**

**R.A.N.T.**

Good Friend / Bad Friend

**are honest**

**R.A.N.T.**

Good Friend / Bad Friend

**play**

**R.A.N.T.**

Good Friend / Bad Friend

**tell secrets**

**R.A.N.T.**

Good Friend / Bad Friend

**have feelings**

**R.A.N.T.**

Good Friend / Bad Friend

**fight**

**R.A.N.T.**

Good Friend / Bad Friend

**say please**

**R.A.N.T.**

Good Friend / Bad Friend

**share**

**R.A.N.T.**

Good Friend / Bad Friend

**help each other**

**R.A.N.T.**

Good Friend / Bad Friend

**listen**

**R.A.N.T.**

Good Friend / Bad Friend

**are truthful**

**R.A.N.T.**  
REVOLT AGAINST NEGATIVE TALK™

**R.A.N.T.**

Good Friend / Bad Friend

**talk**

**R.A.N.T.**

Good Friend / Bad Friend

**put you down**

**R.A.N.T.**

Good Friend / Bad Friend

**tell lies**

**R.A.N.T.**

Good Friend / Bad Friend

**act differently  
at different times**

**R.A.N.T.**

Good Friend / Bad Friend

**work things out**

**R.A.N.T.**

Good Friend / Bad Friend

**R.A.N.T.**

Good Friend / Bad Friend

**embarrass you**

**R.A.N.T.**

Good Friend / Bad Friend

**R.A.N.T.**

Good Friend / Bad Friend

**are fun**

**R.A.N.T.**

Good Friend / Bad Friend

**R.A.N.T.**

Good Friend / Bad Friend

**are dependable**

**R.A.N.T.**

Good Friend / Bad Friend

**R.A.N.T.**  
REVOLT AGAINST NEGATIVE TALK™

# **To have good friends you must be a good friend.**

**Here are some of the ways good friends treat each other:**

Good friends listen to each other.

Good friends don't put each other down or hurt each other's feelings.

Good friends try to understand each other's feelings and moods.

Good friends help each other solve problems.

Good friends give each other compliments.

Good friends can disagree without hurting each other.

Good friends are dependable.

Good friends respect each other.

Good friends are trustworthy.

Good friends give each other room to change.

Good friends care about each other.

**Always be open to new friendships.  
You can never have too many friends!**

## SESSION THREE

# Who's a Bully?

**Objective:** Girls will learn how to identify a bully, a victim, and a bystander. This session will provide useful tools and strategies to help combat bullying.

**Preparation:**

- ✓ Make copies of the “Bullying” scenarios; cut them out and place them in a container
- ✓ Make copies of the “Tips to Stop Bullying”
- ✓ Make copies of the “Declarations of Me” cards and put them into a container.

**Materials Needed:**

- ✓ Flip chart or poster board and pen or marker

**DO:** Prior to each session, review the Group Rules (from Session One) and ask any girls who have not autographed the rules, to do so. Remind the group of the importance of following the rules and the importance of confidentiality. Ask them if they would like to add anything to the rules.

**DO:** Write “Bully” “Victim” “Bystander” very large on the flip chart.

**SAY:** Who can describe what bullying is?

Bullying is aggressive behavior that is intentional and that involves an imbalance of power or strength. Typically, it is repeated over time.

**SAY:** There are many ways to bully. Can anyone give me an example of how people bully?

Here's some examples if you need them:

- physical bullying – hitting or punching
- verbal bullying – teasing or name-calling
- emotional bullying – intimidation through gestures or social exclusion
- cyberbullying – sending insulting messages by e-mail or text messaging
- gossiping – talking behind someone's back about something shocking or personal
- hazing – any activity expected of someone joining a group that humiliates, degrades or risks emotional and/or physical harm

**SAY:** Who can describe what a victim is? (One who is harmed by another.)

**SAY:** Who can describe what a bystander is?

(a person who is present at an event without participating in it.)

**SAY:** It's not easy coping with a bully. Even though you're going to learn some helpful tips today, sometimes it's hard to remember them in the heat of the moment. As silly as it may sound, it helps to practice!

### SESSION THREE continued

**SAY:** Let's play a game! I have a bunch of cards here with little stories on them. I want you to tell me if you think the story is about a bully or not.

*Divide into two smaller groups for this game if you have a large group. Set a time limit! Randomly have a girl select a Gully Scenario card and then you read it out loud for them.*  
**ASK:** *Who is the bully in the scenario? Who is the victim? Is there a bystander? Who?*

**DO:** **If you divided up into smaller groups, come back together now in one group.**

**SAY:** Bullying hurts everyone...the victim, the bystanders, and even the bully. There are many ways to stop bullying from happening and everyone can play a part.

**DO:** **Handout "Tips to Stop Bullying"**

**SAY:** If you're the victim of bullying, what can you do?

**DO:** **Write everyone's suggestions on the flip chart. Here's some answers if you need them.**

- Ignore them and walk away and look like you mean it.
- If ignoring doesn't work, tell the person to stop it calmly but with a firm voice and look them in the eye. Practice this over and over until it feels more comfortable.
- Stand tall and don't act afraid, try to look confident—agree with the bully (ie. "yes I do stutter.")
- Stay/hangout with other kids and use your friends to confront a bully. Don't allow a bully to bully your friends either. **NO FIGHTING.** You might get hurt or in trouble or both. Use your words, and your confident body language.
- Find someone to talk to. Tell an adult, especially if you feel you will be hurt physically. **NO** one should have to live with the fear of being bullied.
- Join a sports team or a club and get busy.

**SAY:** Bystanders have the power to stop bullying, but many times we don't realize we have the power to make a difference. I hope you'll think about your role as a bystander the next time you witness someone being bullied.

*What can bystanders do? Speak up. Reach out. Be a friend.*

**SAY:** Are YOU a bully? Sometimes it is difficult to know what is or is not bullying. Often, actions start out just being fun, but may at some point actually turn into bullying.

If you are not sure whether something has become bullying, stop and think and ask yourself these questions:

1. Are my actions or words hurting someone else's feelings?
2. Are my actions or words hurting someone else physically or making that person feel afraid?
3. Would I want someone else to do this to me?
4. Am I unfairly taking my anger out on someone?
5. Am I trying to control someone against his or her will?

**SESSION THREE** continued

**DO:** Place an empty chair in the front of the room where everyone can see it.

**SAY:** See this chair? Let's pretend that there's a "bully" sitting in this chair. Think about how a bully makes you feel. Would you like to tell the bully how you feel about them? If so, for a line over here and let's take turns telling the bully how we feel about them; or maybe give the bully suggestions on how they should change their behavior.

If you need help getting the girls to participate, make suggestions:

*"You should get to know me."*

*"You must not like yourself very much."*

*"I feel sorry for you because you'll end up with no friends."*

*"Maybe you should pick on somebody your own size."*

*"What did I ever do to you?"*

*"Why are you afraid of me?"*

*"Does someone pick on you?"*

*"Do you like to make people feel bad?"*

**SAY:** Thank you for sharing your feelings. That was great. Now let's pretend that there's a "victim" of bullying sitting in the chair. Think about how the victim feels. Can you think of something to say to her? If so, form a line over here and let's take turns telling the victim how we feel about them; or try to help them to feel better.

If you need help getting the girls to participate, make suggestions:

*"The next time that happens, I will help you."*

*"I will tell the teacher if you want me to."*

*"Let's get all our friends together and stand up to that bully."*

*"You and I should join the soccer team together."*

*"I'm sorry this happened to you."*

*"I will be a better friend and help you next time."*



End the session with each girl picking her "Declaration of Me" card to take home.

## EXTRAS

# Ritual Ending

**Preparation:**

- ✓ Purchase or find enough smooth rocks approximately 2-inches in size for each girl in your group.
- ✓ Write or paint a word onto each rock or make labels to decoupage onto each rock (see word list at end)

**Materials Needed:**

- ✓ Rocks, bag or basket, candles

**DO:** Sit together on the floor in a circle. Everyone needs to be on the floor, on the same level.

**SAY:** Thank you for sharing your feelings and experiences and helping us all gain a better understanding of friendships and bullying.

As a way to remember RANT, and remind us of our own personal power, I'm going to invite each of you to reach into this bag and grab a rock that has a word or phrase on it.

I believe we attract what we need or want in life. All we have to do is open our hearts and minds to it.

In order to open our hearts and minds, we have to create a calm and peaceful space.

**DO:** light candles...and lower the lights

**SAY:** Close your eyes. Take a deep breath in and hold.  
Now, release your breath slowly.  
Again, take a deep breath in and hold. Release slowly.

**DO:** Pass around the container of rocks; each girl takes one.

**SAY:** After you get your rock please sit quietly until everyone has gotten theirs.  
So by now you've read the message that's on your rock.  
Now think about this...

It's possible that your rock found you. You attracted that rock to you.

**EXTRAS** continued

Have you ever heard that what you put out into the world comes back to you?  
Some of you may have learned in church or from your parents or teacher that you should treat others the way you want to be treated.  
This is all about the law of attraction: for every action, there is a reaction.

If you smile at someone, what do they usually do? Do they smile back at you?  
If you are mean to people, chances are no one will be nice to you.  
What you put out into the world, comes back to you.

There's a good chance you "attracted" your rock.

It doesn't matter whether you understand it right now or not, but at some point in time, what that rock says, will mean something to you or give you strength, or be helpful to you in some way.

I hope you keep it in a safe place.

**PAUSE**

We are all beautiful bright lights in the world. You can have many friendships by being a good friend.

You don't have to be a victim if you don't want to be.  
Ask for help from your friends, or teacher, or me.  
I will help you if you need help.

If you're a bully, you need to stop right now.  
Think about who you're hurting and why you're doing it.

If you're a bystander and you've been watching someone be bullied, you can do something.  
You can help the victim.  
You can stand up to the bully. You can be a friend.  
You can tell someone.

You can make the world a better place.  
You can make YOUR world a better place.

**DO: Handout "Tips to Stop Bullying"**

**R.A.N.T.** Rock Message

**LOVE**

**R.A.N.T.** Rock Message

**PEACE**

**R.A.N.T.** Rock Message

**I AM NICE**

**R.A.N.T.** Rock Message

**COURAGE**

**R.A.N.T.** Rock Message

**CONFIDENCE**

**R.A.N.T.** Rock Message

**LAUGH**

**R.A.N.T.** Rock Message

**DANCE**

**R.A.N.T.** Rock Message

**SING**

**R.A.N.T.** Rock Message

**I AM HAPPY**

**R.A.N.T.** Rock Message

**I CAN**

**R.A.N.T.** Rock Message

**JOY**

**R.A.N.T.** Rock Message

**THANKFUL**

**R.A.N.T.** Rock Message

**BEAUTIFUL**

**R.A.N.T.** Rock Message

**NO FEAR**

**R.A.N.T.** Rock Message

**I AM A GOOD FRIEND**

**R.A.N.T.** Rock Message

**FRIENDSHIP**



**R.A.N.T.** EXTRAS: "BULLYING" SCENARIOS

**A girl at your school repeatedly shoves you every time she sees you just because she feels like it.**

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**R.A.N.T.** EXTRAS: "BULLYING" SCENARIOS

**There's a girl or boy that you saw being tripped by someone at school and everyone laughed.**

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**R.A.N.T.** EXTRAS: "BULLYING" SCENARIOS

**You and your friends keep someone from hanging out or playing with you.**

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**R.A.N.T.** EXTRAS: "BULLYING" SCENARIOS

**You tease others by calling them names that you know they don't like.**

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**R.A.N.T.** EXTRAS: "BULLYING" SCENARIOS

**You make fun of how someone is dressed or how they look and all your friends laugh and think you're funny.**

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**R.A.N.T.** EXTRAS: "BULLYING" SCENARIOS

**You imitate how someone talks because you think it sounds funny and your friends laugh when you do it.**



**R.A.N.T. EXTRAS: "BULLYING" SCENARIOS**

**Your friends pretend to be saving a seat for someone at lunch, just to keep someone else from sitting with them, and you don't say anything.**

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**R.A.N.T. EXTRAS: "BULLYING" SCENARIOS**

**You tell a younger person he/she can't play on the swings because it's your turn (even though it's not your turn).**

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**R.A.N.T. EXTRAS: "BULLYING" SCENARIOS**

**You accidentally bump into someone in the hallway at school.**

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**R.A.N.T. EXTRAS: "BULLYING" SCENARIOS**

**A girl at school is mean to someone because their skin is a different color from hers.**

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**R.A.N.T. EXTRAS: "BULLYING" SCENARIOS**

**You received a note in class telling a story about another girl that you know wasn't true.**

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**R.A.N.T. EXTRAS: "BULLYING" SCENARIOS**

## **Tips To Stop Bullying**

### **How can you tell if something is bullying?**

*It's bullying if ...* Someone is hurting another person on purpose and the person who is doing it has more power.

Bullying is not okay, fair, kind, or acceptable. No one deserves to be bullied.

### **Who bullies?**

Kids who bully come in all shapes and sizes. They can be big or small, older or younger, rich or poor, boy or girl. They can be any color and come from any kind of family. They can live in any kind of house. They can be popular or unpopular. You can't tell who bullies are by how they look or where they live.

### **How do you spot a bully?**

*Look for these clues ...*

- They want to have power and control over other kids. They do this by making others feel bad in one way or another.
- They might feel bad about themselves. Some kids who bully think the only way they can feel better about themselves is to make someone else feel worse than they do.
- They might think highly of themselves. Some kids who bully think they are better than others and that it's okay to be mean.
- Bullies think they have all the power—but they don't.

### **Who is bullied?**

Lots of kids are bullied and none of them deserves it. Why does it happen to some kids and not others? Kids who bully want to feel powerful and in control.

What makes them feel this way?

# What a bully looks for . . .

## Differences

Why? Kids who bully need something to pick on so they start by looking for someone who is different in some way. Maybe it's a kid's hair color, or disability, or accent, or clothes, or anything!

## Helplessness

Why? Kids who bully need more than a difference to pick on. They also need a target who will feel scared or upset, maybe even cry. They love it when you feel helpless. It makes them feel powerful and in control. Bullies feel good when you feel bad.

## Isolation

Why? Kids who bully love it when their target is alone. All the easier to bully! And all the more likely that no one will know. Bullies love secrecy.

# What you can do . . .

## There's a lot you can do to protect yourself from bullying!

### Respect Differences

Everyone has differences. Just look around you. When you value and respect differences, you let the bully know that being different doesn't bother you a bit. In fact, you like it! If a bully makes fun of your red hair or wheelchair or how you talk, just smile and agree. For example, "Yes, I do have red hair." "Yes, I do use a wheelchair." "Yes, I do speak with an accent." Then walk away!

### Don't React

Kids who bully want you to be upset. They're counting on it. So don't give them what they want. Even if you feel scared or upset, try not to show it. Crying, or acting mad, or showing fear encourages the bully to pick on you again. Do the unexpected. Laugh. Walk away.

### Be with others

Kids who bully love to target kids who are alone. They love it when no one knows what they're up to. You can do two things to change the situation. First, try to hang out with other kids or be within sight of a grownup. Secondly, tell your mom, dad, teacher, or other grownup you trust. Adults can help you stop the bullying..

Girl Scouts San Diego

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REVOLT AGAINST NEGATIVE TALK™



[www.sdgirlscouts.org](http://www.sdgirlscouts.org)

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